[Hook: Sandy Griffith]

Do the things that keep it movin' every day

Hold it down don't let nobody, tell you that you can't

Nothin' promised to us, got to keep it true

We all we got, know this and you'll never lose

[Verse 1: Paris]

Why can't we understand?
Why can't we understand?
Why can't we comprehend?
Recognize the underhanded
Nature of the way they do
Keep us all, under rule
Love to see us always lose
Still the same, nothin new
Tired of the strugglin'
Struggle got us stressin' it's
Harder than it's ever been
To get the family close again

Mama working double shifts

Pops ain't never missed a day

Never missin' hours, never call in sick

And never late

Bills keep piling high - what do we do when

It's hard when you try to do right - we keep it movin'

Same grind, same time, steady punchin' a clock

Same climb, ain't no sunshine, they keep us on lock

And we easy to provoke, broken focus and hope

It's hard to cope with there's no control and never support

Just broken dreams and promises, we live to survive

It's no succeedin' just believin' what we need to get by, but why?

[Hook: Sandy Griffith]

Do the things that keep it movin' every day (We keep pushin')

Hold it down don't let nobody, tell you that you can't (We keep pushin')

Nothin' promised to us, got to keep it true (And it don't stop, and it don't stop)

We all we got, know this and you'll never lose

[Verse 2: Paris]
So we need to get a little closer now
Just like we supposed to now

Ever seem to notice how

Come up and then they slow you down?

Hate to see us go without

But ain't no hiring if you brown

No hirin' in the town, and these streets

Compete and call us out

Steady tryin to live right

It's harder when you live right

It's harder when you live right, cuzz

You just can't live life

So consumed with anger, I'm

Just beneath the danger zone

Just beneath the surface and I'm prone

To put these things up on ya

It's all bullsh*t, these b*t*hes think we stupid with it

They keep us stupid with it, through the music when we listen

Through the television, mission is to keep it twisted

And keep the people broke and fat and working for the system

So many obstacles, it's possible to fold and flounder

So I stay committed, keep my game tight and family grounded

And pound the pavement making statements I'm a hard truth rider

And James Evans n***as, goin' hard with father guidance

[Hook: Sandy Griffith]

Do the things that keep it movin' every day (Keep pushin')

Hold it down don't let nobody, tell you that you can't (Keep pushin')

Nothin' promised to us, got to keep it true (And it don't stop, and it don't stop)

We all we got, know this and you'll never lose (Yeah)

Do the things that keep it movin' every day

Hold it down don't let nobody, tell you that you can't

Nothin' promised to us, got to keep it true

We all we got, know this and you'll never lose